

fresh

NOVEMBER/DECEMBER 2006

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SWEET MEMORIES

Holiday cookies to
give – and to keep

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Fabulous Finales
Try our spectacular
desserts
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Trio of Traditions
Dishes that make
holidays special
page 24

This holiday season, show them your tender side.



Watch their eyes light up this holiday season when you serve our tender cuts of flavorful Hanneford Inspirations™ Angus Beef. And start a new tradition this year. No matter how you carve it, our rich and succulent beef will delight your family and friends. Don't forget to pair your Hanneford Inspirations Angus beef with our December wine of the month, Chateau Nicot Bordeaux.



Inspirations™

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RON HODGE
President & CEO
Hammill Bros. Co.

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Just wanted to let you know how much I enjoy the recipes in Fresh magazine! I have made the flank steak recipe from the grill tag many times over the years, as well as many other recipes. I have also gotten many requests of the magazine on various sites to your store so that I could send fresh along to my friends and family who love me of mine and don't live near a Hamafood store.

ELLEN CORN

South Portland, Maine

Hi! Thanks for writing, Ellen. We're glad you're enjoying the recipes. Readers who missed the grilled flank steak recipe can find it in the July/August 2006 issue, available at www.freshmag.com.

Willis, a more appropriate it was to see some great gluten free recipes in your July/August issue! Since my daughter was diagnosed with celiac disease two years ago, I've been on the lookout for quick, easy gluten free recipes. As a working mom, I'm looking for recipes that I can go on the table ASAP. It may interest you to know that celiac disease is more commonly diagnosed in children so if you have any more kid friendly gluten free recipes, I'm sure they'd be popular! I'm also looking for some good recipes using quinoa. It's a good gluten free alternative to rice and pasta, and dishes that I can not sure what to add to it. Any suggestions?

LINDA E. EASTMAN

Campton, NH

Hi! We're glad you've found the gluten free recipes helpful. We're particularly fond of quinoa and it's indeed a great alternative to rice and pasta — not just for those with celiac disease. We think because it cooks super quick while most whole grains, quinoa is ready in 21 minutes. Because it's not starchy, quinoa is great in salads. We include it in making a quinoa salad with chopped pomegranate seeds, most brown peas, and olive oil. Thanks for letting us know just how to use kid friendly recipes — we'll keep that in mind for future issues.

I want to send along a big congratulations and thank you! Your new and improved fresh magazine inspired me to use your "Faster Framer" recipe for my 60th

birthday. I just love fresh! As a very busy mom, I'm delighted with the delicious sandwiches and salads. I actually gave copies of the July/August 2006 issue as party favors — no need to copy the recipes. All the recipes you have more great ideas were tucked inside your well written and beautiful illustrated magazine. Thanks you for adding inspiration to my celebrations!

PATRICIA BUNTON

Port Jervis, New York

Hi! Thanks for the nice comments. Patricia, in addition to the print version of the magazine, available at all Hamafood stores, you can find the content — recipes and all — at www.freshmag.com.

I really like the new format of the magazine. I was wondering if an index of recipes and the pages on which they are found could be printed in each issue? That would make finding for a recipe so much easier.

LINDA E. EASTMAN

Beverly Hills, CA

Hi! Thanks for the great idea. Linda, look for the recipe index right here in "Fresh Forum."

BARBARA BROWN Two photos were placed next to each other in the September/October pull-out recipe card section. The photo of Pomegranate-Glazed Chicken and Apple with Honey and the photo of Chicken with Sweet Potato, Brussels Sprouts, and Bacon were reversed. And in the "Fast or Slow" feature, the photos for Slow-Cooked Chili Verde and Slow-Cooked Chicken-Glitching were reversed. We apologize for any confusion.

Would Love to Hear From You!

Please let us — your editors — hear from you! We're looking for fresh ideas, suggestions, and comments to make our magazine even better. Please send us your comments, suggestions, and feedback to editor@freshmag.com or by mail to Fresh Magazine, P.O. Box 2090, Portland, ME 04104. Be sure to include your name, address, and daytime phone number. Letters may be edited for brevity and clarity. To comment on Hamafood stories, visit www.hamafood.com and click on the Contact Us link at the top of the page. Then select the "Feedback" link at www.hamafood.com.

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SPECTACULAR DESSERTS

Nothing makes a party special like a dessert that looks as fabulous as it tastes. Here are several tempting choices, all with step-by-step directions to make you some sweet new tricks.

By Susan G. Parry



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A TRIO OF HOLIDAY CELEBRATIONS

During the holidays, we all look forward to special dinners — but entertaining doesn't have to mean the same old menu. From your Thanksgiving turkey to a simple but sophisticated entrée for Hanukkah, we've got some fresh ideas for your favorite occasions.

By Kimberly Joyner



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SHARING THE JOY

Warm from the oven or packaged as a tin-eo centerpiece are a holiday must, and our recipes prove that intimacy really is the spirit of life.

By Elise Kivasa



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Visit us online at www.hannaford.com for even more great recipes, tips, and ideas developed exclusively for your love of great food.

ON THE COVER: Orange Pecan triscuits will be a bright, buttery flavor and be a hit this holiday season. See page 39 for the recipe. Photograph by Frances Jurech.

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Check out ways Hannaford is making your life easier and supporting the communities we live and work in. Plus, new products, gadgets, and more.

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Raise a glass of the perfect wine to happy holidays and a wonderful New Year.



Rare Bird

A former of many a memorable holiday meal is an impressive centerpiece roast, and this year you can serve an roast that's sure to be a showstopper: Turkeyback. A cousin that's part of the country's distinctive Cajun tradition, classic Turkeyback is made by deboning and layering a whole turkey, duck, and chickens, and then incorporating the lips in with stuffing.

One tradition: *Hannaford Inspiration Turkeyback*, is a delicious alternative to the traditional turkey and dressing. *Hannaford Inspiration Turkeyback* is made by layering boneless premium quality breast meat from each of the birds with a moistening stuffing. The meals combine the flavors and textures of turkey, duck, and chicken with a creamy stuffing in your choice of Cranberry Apple or Louisiana style. Either way, it makes for an impressive presentation that's easy to prepare and serve.

Perfect for all of your holiday entertaining, such *Hannaford Inspiration Turkeyback* serves 8 to 10. This unique item is available exclusively in Hannaford for the holiday season. Look for it in the Meats department. Then impress your guests by serving something a little different this year!

Hannaford Helps

Every year Hannaford donates more than \$4 million through charitable donations and sponsorships to the communities served by our 181 stores. Through our giving program, Hannaford supports hospitals and health organizations, educational institutions, arts and cultural groups, food banks, and numerous other programs. In addition, every year Hannaford's role goes beyond \$4 million pounds of groceries to hunger relief organizations, such as single oral food banks, shelter soup kitchens, and food pantries.

Along with our corporate commitment, many good things come from our customers and associates' generosity.

Hannaford programs in Hannaford stores collected more than \$100,000 in 2008.

These funds go directly to organizations that support people in need.

• Organizations made all donations this holiday season will go into meals, clothing, and toys for families and individuals in our community. With your help, we can set the tone for \$10,000 raised during the 2009 holiday campaign.

• Hannaford's 30,000 associates helped to make their communities better places to live and work by participating in community events and volunteering their time in support of local organizations.



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To get the fullest benefit of our research on your health, follow these steps to get up to the gravity belt. **Get out** *carefully* and *rearrange* legs—don't jerk them! **Stand** and your legs will be the most relaxed and also water like the fish in the top in the float section and **float** with legs on the bottom in the lean belt. **The buoyancy belt** is 2 cups, and the measurement on the steps are consistent for weights. The quality of the water provides excellent and wonderful effects at least three ending up in your second going and it's all throughout your body like the last assembly and after section in the second and also.





Taming Temptation

Tempting goodies are unavoidable at this time of year, and when they're displayed in abundance at holiday buffets, they're especially hard to resist. Whether you're indulging in a sprig of fancy olives or feasting on get-into-you-soon items, here are some [foam-baking tips](#) to eat less.

For the host

- Ditch much of the fat at appetizers by using olive milk or light creamers.
- Add dried fruit. Use raisins or cranberries to add body, to decrease the fat and soup rises to each handful.
- For that crispier taste, serve the breaded but low-fat fat by using a fat separator (see "It's All About" on page 13) or pop time (say for the fat paper). Clip a small hole in the bottom, and let the fat drain out while the fat layer stays in the bag.
- Double the recommended number of servings served without doubling the recipe—instead of cutting 12 eggs for croissants, use 24 smaller ones.

- Offer your guests the fullness, so you won't be tempted to eat it later.

For the guest

- Eat something small but satisfying before you leave home so you'll be less tempted to eat more.
- Check out the whole buffet line before taking your plate, by keeping what's ahead of you in mind and not in place.
- Moderate how much you take: It's all about portions, so you don't have to completely avoid high-fat foods.
- Rather than focusing your mind on greasy, put some on the side and try such as, try eating dessert that often at Christmas (or other) just do that if you eat only half.

Boiled Over:

Hearty soups are often meant to help you get through the hectic holiday season. The appeal of comfort foods is especially true for soups, which is apparent in [Soup & Stew](#) part of the [Collection](#) book.



Often available at restaurants from colorful vegetable soups to filling meat soups and more, this book has it covered with more than 400 recipes. You'll find recipes for all occasions, whether it's a simple chicken soup or soup for an early breakfast supper. A delicious vegetable soup is a classic party or snack meal too. The beautiful color photographs and color text of [Soup & Stew](#) also includes a wealth of information on ingredients, as well as tips on cooking techniques, links for [Soup & Stew](#) where other books and ingredients are displayed.

Smart Cooks

Help prevent your cookie sheet and cutting up parchment paper—and all get cookies that slide right off without sticking. Just line your cookie sheet with a [Silicone Baking Mat](#) and the cookies and pastries will slide evenly on this FDA-approved food-safe silicone. The mat is also great for rolling out pastry because it's flexible and won't absorb flavors or odors, so you also use it as a cookie liner for pans and mixers. The mat also cleans with a sponge, rolls up for storage, and is even microwave, freezer, and dishwasher safe. Look for silicone baking mats and other handy gadgets throughout the store.



A Cut Above

Hannaford's Dave Bass serves up the facts about beef, pork, and chicken

BY CHRISTOPHER FOX PHOTOGRAPH BY JACQUELYNNE

Tis the season for a healthy appetite and nothing hits the hunger spot like a good (yet cost) barrel of meat or simple meat loaf. We do like our

meat, and Hannaford offers details of various all-top quality meats: steaks, roasts and more. We interviewed Dave Bass, Hannaford's Meat Category Manager, who knows exactly where the best is—and the best pork, buffalo, veal and cornish.

When I say "meat is a bit better today," what comes to mind?
Lamb, beef, but my favorite is always the only in each season great and is a bit more to all about.

So "meat" means "beef" is a bit of people?

Beef by far is the top order in our butcher shop. Ground beef is number one and we offer it in various sizes (75 percent lean to over 90 percent lean, to be everyone's diet and budget).

This time of year, what do customers choose for a festive dinner?

The biggest order during the winter holiday season is ham or rib roast. It's a very popular item and it's easy to prepare. It's available in all our stores.

How often does meat at Hannaford?

Our meat comes from Hannaford's Inspection? Angus beef, carefully selected from the top 20 percent of all Angus beef is a very tender, rich, superior steakhouse flavor. Next, we have World's Best Pork, which has no antibiotics and is free of

growth hormones. Its flavorful and juicy. We also carry Hannaford USDA Choice beef. These tender, juicy everyday ribs offerings are superior to the USDA Select.

What about lamb, or other meats?

Lamb legs are most popular for Easter, but we sell them in winter as well. We also carry much and buffalo. Buffalo is comparable to beef in flavor, and from a nutritional standpoint, are higher in protein and lower in cholesterol.

Let's say I want a particular cut of meat or something unusual. Is it a big deal to get a special order?

We can custom cut what you want. If a customer wants a custom item as a particular day, we can cut it for you. We're happy to order it. We can help find the right size turkey too.

Sounds more like an old-fashioned butcher shop than a supermarket.

Our goal is to be a great resource. We're really trying to offer everything, from a well-served meat case to a full butcher-shop style. Our butcher can prepare your meat and

even, which are a lower grade of beef served by some other stores.

Do customers have similar choices when they're shopping for chicken or pork?

The past couple of years, we've introduced the growth hormone pork products, certified by the American Pork Association. We also carry hormone-free and antibiotic-free chickens.

What's a good choice for elegant dining?

We carry a custom case of pork and Prime

every kind of question, what's the right item for your budget, how to prepare something, and even suggest a recipe or two.

You also feature a line of prepared, ready-to-cook meats.

We have a full line of marinated, spit-roasted and prepared ready-to-cook items. We try to give folks a good, high-quality alternative to a restaurant meal. Our goal is to offer a full range of meats for everyone from the great conscious shopper to the gourmet feeder. ■



PHOTOGRAPH BY JACQUELYNNE

Feeding a Legacy

Three women pass on traditions from mom's kitchen.

BY MEDIANUTRITIONIST JANE KATZ, RD, AND JANE KATZ, RD

The heart of the home is the kitchen, especially during the holidays. It's where the matriarch—the kitchen—is where guests gather, families share meals and conversation, and children can observe the magic of cooking. For three food lovers, the memories of their mothers' kitchens that inspire them every day.

Jane Greene

A Healthy Twist on Tradition

As a young girl, Jane Greene watched her mother cook for holiday get-togethers with her grandparents, aunts, uncles, and cousins. The Director of Healthy Living at Massachusetts General Hospital is the

last cook ever. "She'd say, 'You're just used to my cooking,'" Jane says. "But I've tasted enough other food to know she's the best."

Jane—who has learned a thing or two from her mother—Greene put her own spin on recipes by replacing ingredients with healthier alternatives, such as whole wheat flour for white flour, or maple plant protein for non-dairy.

Part of a traditional Christmas celebration is preparing food with oil, Jane explains, and takes on potato pancakes on a festive dish. "The past year, I experimented with a traditional recipe in order to make this once a year healthier," she says. Sweet potatoes offer more nutrients than white potatoes. The result? Delicious and

we didn't feel like we're eating it."

SWEET POTATO AND SCALLION LATKES

SERVES ABOUT 10 LATKES
ACTIVE TIME: 10 MIN
TOTAL TIME: 1 HOUR

As a side dish, 3 to 4 latkes per person are plenty. But if you're having a latke supper, 4 to 8 latkes would be more appropriate.

- 1 large sweet potatoes, peeled and grated (2 lb sweet potatoes makes a generous 1 1/2 cups grates)
- 2 scallions, white and/or green parts (finely if oil)
- 1 Tbsp. flour
- 2 eggs, lightly beaten
- 1 tsp. salt
- 1 tsp. pepper
- 1/4 cup oilflower or peanut oil, divided

1 In a large bowl, combine grated sweet potatoes with scallion pieces, flour, eggs, salt, and pepper. Mix until well combined.

2 In a large heavy frying pan, heat 1/4 cup oilflower oil until a few shreds of latke material sizzle when added (about 1/2 to 3 minutes). Drop spoonfuls (about 1/4 cup) of batter into pan, flattening with a dinner spatula. Cook until one side is browned, about 2 minutes, and then cook other side until brown and crisp, 1 to 2 minutes more. Cook only as many as a time as will fit comfortably in the pan. (The first 1/4 cup oil should yield 15 latkes.) Remove cooked latkes with spatula to a cooling sheet lined with paper towels or absorbent paper. Keep warm on a low oven (200°F) until ready to serve.

3 After 15 latkes are finished, pour another 1/4 cup oil into the pan and make another 15. (After reheating, 1/4 cup oil or pan fat cooks the last 15.)



PHOTOGRAPH BY JANE KATZ, RD
STYLING BY JANE KATZ, RD

4. Toss all ingredients together in a large bowl. Toss gently. Or serve warm.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (4 CUPS): 170 CALORIES, 50g CARBOHYDRATE, 10g FIBER, 10g FAT (10g SATURATED), 10g PROTEIN, 100mg SODIUM, 30mg CHOLESTEROL, 10mg VITAMIN A, 10mg VITAMIN C.

Mircha Puro Passing Along a Heritage

Mircha Puro is a Harvard-Cambridge Senior Manager at the Maharaja Group here in India. Mircha has fond memories of her mother's kitchen in Bombay. "I loved my mother's cooking, and I want that for my daughter," Mircha says. She enjoys teaching her daughter about their heritage through special dishes.

Not afraid to experiment, Mircha shares traditional Bombay recipes as her family's secret. She says Harvard-Cambridge many ingredients found in traditional Bombay dishes, including Veggies (a warming) leafy herbs and poppins.

For holiday meals, one Bombay dish is a must: "Samus is served at all special occasions or family gatherings," she says. It's not unusual for each cook to put her own twist on the dish, which includes cabbage, rice, ground meat, and spices. The Mircha recipe is made in just as her mother does. "She got it right," Mircha says.

SAMUS

SERVES 4-6 DISH

ACTUAL TIME 1 HOUR

TOTAL TIME INCLUDING PREPARE 1 HOUR

3. Heat oil.

4. Add head cabbage. Fry it until it is almost cooked. Add salt.

5. In ground beef.

6. Add chopped onion, preferably Vidalia.

7. Add uncooked white rice.

8. Add packet (uncooked) tomato.

9. Toss gently, remove from paper and (optional).

10. Toss (McCombs & Salt-Free Garlic & Herb Seasoning).

11. Add, optional (optional).

12. Add, optional (optional).

13. Add, optional (optional).

14. Add, optional (optional).

15. Add, optional (optional).



16. Add, optional (optional).

17. Add, optional (optional).

18. Add, optional (optional).

19. Add, optional (optional).

20. Add, optional (optional).

21. Add, optional (optional).

22. Add, optional (optional).

23. Add, optional (optional).

24. Add, optional (optional).

25. Add, optional (optional).

26. Add, optional (optional).

27. Add, optional (optional).

Celine Source Adapting Cultural Traditions

Celine Source is a mother who got a lot of things right too. Celine, a native of France who moved to the United States two and a half years ago with her husband, Louis, a French immigrant, is a Harvard-Cambridge Senior Manager at the Maharaja Group here in India. Celine has fond memories of her mother's kitchen in Bombay. "I loved my mother's cooking, and I want that for my daughter," Celine says. She enjoys teaching her daughter about their heritage through special dishes.



FOOD LOVERS' FAVORITES

French cuisine," she says. "but there's no washing." Instead, Colene and her family would sit for three large meals, which sometimes lasted two to three hours.

That's long meal by American standards, but Colene does what she can to preserve some traditions. "I try to cook French here. It was to cook like my mother," she says. "When planning meals she let me. Hundreds of people say, 'If I were your vegetable, I'd buy these [and build a menu around them].'"

A favorite in her repertoire is *Endive and Ham au Gratin*. "Endive is a famous vegetable in Europe and is very healthy," Colene says. The ham and sauce balance so sometimes she'll make this a dish even traditional men eat for dinner.

Food is a major part of every family's life, says so many cooking recipes from, prove some past. But as Julie Gomez says, "Don't be afraid to make new traditions too."

ENDIVE AND HAM AU GRATIN

SERVES 4

ACTIVE TIME 1 HOUR 15 MINUTES

TOTAL TIME INCLUDES 30 MINUTES

- 12 heads Belgae endive (about 3 lb.)
- 1 1/2 cups unsalted butter, divided
- 1/2 cup dry white wine
- 1 tsp. sugar
- 1/2 tsp. salt
- 1 egg yolk
- 1 cup water
- 12 thin slices cooked ham
- 2 cups grated Gruyère cheese (about 5 oz.)

Method

- 1. Melt 1/2 cup unsalted butter.
- 2. Toss ham.
- 3. Add salt and sugar.
- 4. In a 12-in. square roasting pan, lay out 1/2 cup salt.
- 5. Lay white pepper.
- 6. Grate Gruyère cheese.
- 7. Add salt.

- 1. Trim root ends of endive heads, making sure that leaves remain attached. Remove outer leaves if they appear brown or tough. Wash briefly under cold running water. Use 1/2 cup butter to grease a 9 by 13 inch pan.
- 2. In a large (2-quart) saucepan, melt remaining 1/2 cup butter over medium heat. Add salt and sugar.

oil and water. Place whole endives in an x-ray film CD of olive oil in two layers. They'll charred slowly. Bring to a simmer, cover, and cook 12 minutes. Remove the lid, swirl any endives still on top with them on the bottom of the saucepan, and continue simmering for 20 minutes more, or until charred about 2 in. 4. Toss liquid remaining in pan. Check carefully to make sure liquid doesn't completely evaporate and scorch the endives. Endives are cooked when a butter knife pierces the bottom third of the endive fairly easily. If drip is still too firm, add a bit more water and continue to simmer.

5. Using a slotted spoon, remove cooked endives from broiler. Transfer to a colander over a bowl and drain well. Reserve endive broth left in pan and in bowl. Wrap each head of endive in a slice of ham and place in prepared pan.

6. Prepare the *Endive and Ham au Gratin* while the endive cooks. In a large saucepan over low heat, melt butter. As soon as butter is melted, whisk in flour then gradually whisk in hot milk, whisking constantly to avoid lumps. Using a wooden spoon, stir in salt, pepper, and nutmeg. Cook over low heat, stirring constantly, for 12 minutes, until thickened slightly.

The sauce should be able to coat the endive.

7. Gradually stir in reserved endive broth and cook for 5 more minutes until thick but still pourable and smooth. (Be consistent of a thick cream.) Remove from heat. Turn on oven broiler.

8. Place egg yolk in a small bowl. Whisk in a few tablespoons of sauce. Be sure to whisk constantly so that egg won't curdle. Add no more than 1/2 cup of sauce. 1. Toss in a sauce, whisking until smooth. Stir egg mixture into rest of sauce, and pour sauce over top of endive.

2. Sprinkle top of each endive with 1 ounce. Place under broiler and heat until cheese begins to melt and bubble about 7 min. Bake. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
PER SERVING: 100 CALORIES, 10g CARBOHYDRATE, 20g PROTEIN, 10g FAT (5g SATURATED), 100mg CHOLESTEROL, 100mg SODIUM, 10g FIBER. ■



Photo: [illegible]

Plan an Easy Holiday Feast

Fifteen ideas that are simply inspired.

Source: <http://www.fishbase.org>. Accessed 12/12/2011.



Having a holiday event can be fun but it can also be daunting. With a few simple shortcuts and a little help from Hometelid, you'll spend less time feeling stressed and more time relaxing with your guests.

Here are some suggestions for delicious "open and serve" items that involve no more than arranging items on a platter as well as ideas for easy parties that look great on a crowded tray: bruschetta buffet, or bruschetta

cheaper table. That occurs in the Hammond
"Impregnation" line of premium quality prod-
ucts. Crafted from the choicest ingredients,
they're a great alternative to eating from
wood.

Downloaded At: 11:53 11 September 2009

- ! Crashes become a conversation piece when displayed as a horrendous broken or presented on a silver tray. Your broken display is seen as a terrible thing, hardly

salmon flesh, vegetables (tomato, and green, orange, and yellow bell peppers, broccoli and cauliflower), frozen green beans, grape tomatoes, and a Harbison Impression dipping sauce like Yogurt-Cucumber-Sp. Fresh Tofu Dip.

➤ Create a simple but impressive centerpiece planter with favorites like *Hamamelis*, *Impatiens*, *Passiflora*, and *Natural Caring Gerani* from the Dell. Finish the planter with marinated mushrooms, olives, artichoke hearts, fresh succinilli balls, and marinated popcorn.

[illegible]

4. Top-tier of Humeral Inspiration
 French Brass Englemer with a Humeral Inspiration Brachetto. On cross a holiday platter with some slices topped with Red Pepper and Tomato Brachetto and others with Green Olive. *Unuscula*

■ **Wrap up a tray of olive oil** and olive croutons by layering, spreading just above and finished ingredients. Black Olive Tapenade on the slice of banana.

4. For a plannergame and mouse combo offer small wedges of cantaloupe wrapped in thin slices of Hamanoid Impassioned Flaminio or GM Fashioned Basilard Blue

T. Flavors of Chicken Wings: Two Wings are a delicious snack for Chinese New Year. Harvested Singaporean marinated meats in Lemon Pepper and House Garlic, and then marinate half the wings in one and half in the other. Refrigerate for at least two hours (or ideally overnight). Bake skin-side down on a foil-lined baking sheet at 400°F for 30 to 60 minutes, turning once.



John F. Kennedy Library

Like an outside story as long as it is spreading, whether with a fresh Twinkie or not at Harvard just for the holidays, is a new Twinkie combination.

pleasant sensation of the arms, in a delicious contemporary room — Lovers' snuggling, nuzzling back and forth, cheeks, all tapered heads a tender turkey house. The duckies is offered with easy Lowcountry style snuggling as New England-cumprairie apple country snuggling.

2. Homemade Inspiration: Spend time taking the bulk of your day class to a new local brew or with assorted homemade goods at a Farmers' Market. Inspiration comes from everywhere.

3 For unadorned loaves, Mass.-based Espositos' Adamo Franchini, an architect and decorator, A great white loaf upon a Flaxseed baguette from Herb Provencal, Park

Full-text PDF not for distribution: <http://handbook.oxfordjournals.org/abstract/doi/10.1093/hnd/bsn011>

4. **Naikong**, says "special holiday meal" more than a Christmas meal — and **Hammill** (Singapore) have moved. Double-Crystal Beef-Broth Pork Florentine.

Heath Leonard, Kenneth Louis Leg, and Robert Charles Heath Leonard. Bob Leonard was just a few dishes closer.

2 For a simple but elegant accompaniment, prepare an asparagus salad course. Lightly dress cracked french asparagus spears with Hasselback potatoes, leeks in Cracked Peppercorn dressing and garnish with crumbled Asiana cheese.

Intervista Sottile

2. For a decadent finale, serve a chocolate sampler with Hazelnut Ice cream or White Chocolate Raspberry and Caramel Torte Chocolate.

E Go wherever with a colony of Homalodius impudicus. Largest *Sarkomys* in a wing, glass topped with broken sparkling Protonix and a few fresh nymphs in a blackness, over with a *Sarkomys*.

3. Thinly slice Honeydew Impassions, Chocolate Buns and Pecan Buns, and cut into bite-size pieces. Top with macerated pears or whipped cream cheese. Finish the chocolate slices with a drizzle of Honeydew Impassions Raspberry Syrup and the pears slices with a drizzle of honey. Serve on a platter garnished with fresh berries and cream cheese, and you have a killer appetizer.

EAT DRINKING UP

- *Carbonylamine* (also *aldehyde*) \rightarrow *formaldehyde* (see above)
- *Many aldehydes* (but *not* *ketones*) \rightarrow *ketones* (see above)
- *Aldehydes* \rightarrow *ketones* (see above)

[illegible]

- Consider cost, volume, and flavors when planning the menu
- Test new recipes before the party
- Select items likely to be successful with the guests
- Offer vegetarian options
- Plan plate sizes (based on the portion size)
- For dessert, consider candy trays, buffets, and individual servings

[illegible]

- Calcium is high (higher than low)
- Appetite is - 8 percent per centour
- Erythrocyte protein (haem), positive there - 4 percent per centour
- Speedy side - 10 percent per centour
- Metabolic side - 10 percent per centour
- Calcium - 10 percent per centour

[illegible]

- Perform my washing (the box will be put up)
- Don't forget my glasses and spectacles
- Be sure to drink and eat well (other things) quickly and
- Offer food and water - more to eat and drink (if it is)
- Always offer appropriate options, bottled water is appropriate

Table 1

- Vary the height of serving plates on the buffet table
- Make space to make the buffet table attractive (decorative easily under kitchen support)
- Use a free-wheel buffet table: plates placed at each end
- Buffet tables for large numbers and arrange for full attendance at each end at the buffet
- Position easily accessible trash baskets
- Make table comfortable in kitchen for leftovers
- (Optional, but if they are necessary) plates, serving utensils, or linens
- Carry special items over a great selection for hosts (groceries, clothes, etc)
- Do extra table items: flowers, cut linens or seasonal items

Grab a Great Gift

Hannaford Inspirations® items are naturals for gift giving.



Bread Lover's Basket

- Hannaford Inspirations™ Assorted Tiramisu Trussardi
- Hannaford Inspirations™ Assorted Chipping Salt
- Hannaford Inspirations™ Assorted Breads
- Hannaford Inspirations™ French Corni Regulator
- Bottle of French Crispale House
- Small wrapped of cheese (Berkshire Vermont Cheddar)
- Serrano (small) knife
- Attractive wooden cutting board



Pasta Prodigy Basket

- Dried pasta
- Hannaford Inspirations™ Best Dipping Oil
- Hannaford Inspirations™ Green Olive Tapenade
- Gourmet spaghetti sauce
- Bottle of Barchio Salvo Heritage Wine, Zinfandel
- Spaghetti server
- Bright color ceramic pasta bowls



Santa Day Basket

- Hannaford Inspirations™ Honey Mustard
- Hannaford Inspirations™ Smoky BBQ Mustard
- Hannaford Inspirations™ Cane & Black Bean Salsa
- Hannaford Inspirations™ Mango Salsa
- Gourmet gourmet rolls or personal pizza
- Tortilla chips
- Smallhand & Irish Ale



Tea Time Basket

- Hannaford Inspirations™ Strawberry Fruit Spread
- Hannaford Inspirations™ New Raspberry Fruit Spread
- Board for
- Spoons
- Box of shortbread cookies
- Teapot or mug
- Pretty tea cozy, dish towel or placemat



{spectacular desserts}

FABULOUS FINALES, STEP-BY-STEP

BY JENNIFER K. GUNDEL

PHOTOGRAPHED BY JASON GIBLIN

Great desserts turn any evening into a party. The more spectacular the dessert, the more dazzling the event. If you're serving a truly special dinner, it's worth going the extra mile to create the perfect dessert. With the following recipes you're guaranteed to receive applause. Each has step-by-step instructions that tell you if you need fresh ingredients while creating your showstopper.

These desserts cover a range of shapes, flavors, and textures: misty spicy chocolate truffles; creamy, a relatively simple dish will be instantly memorable. Whipped cream with vanilla ribbonbons turns up the

look and flavor — of any dessert. The Chocolate Hazelnut Rosale, for example, can be filled with preserves and dusted with confectioners' sugar, or filled with a light hazelnut cream and covered with macchiato-spiced cream to become a better Bloch, à la Miel (Yule Log Cake). The rosale recipe can also be made with a hot red wine and chocolate, fruitfully filling. The Four Layer Walnut Apricot Torte uses a baking technique similar to the rosale, but the effect takes to our own imagination and beyond the obvious template. Again, whipped cream dusted with sugar adds a flourish to the presentation.

The Holiday Hazelnut Pecan Bunch is based on an old-fashioned French recipe in which a poured egg cake is wrapped in a burlap cloth and washed away for a week or two, and then given a gift as a reward to a holiday hero.

The Rusty Christmas is easy to prepare. Instead of a hot, brownie baked, use a cookie, short instead of a pie plate. Use a brownie or cookie made ahead of time and, if necessary, Confectioners are widely available in the fall and winter, so when you see them take advantage of the supply and buy them to freeze. They can be frozen right in the bag for later use.



CHOCOLATE-HAZELNUT ROULADE

SERVES 10 TO 12

ACTIVE TIME: 45 MINUTES

TOTAL TIME: 1 HOUR 45 MINUTES

Use this basic roll for a *Bûche de Noël* (Yule Log) filled with Hazelnut Cream and frosted with Mocha Whipped Cream. For a diet- and diabetes-friendly dessert, pour cream. Fill the cake (which is naturally low in fat) with an unsaturated fruit preserves and top with a dusting of confectioners' sugar or cocoa.

Note In lieu of a jelly roll pan, you can use a standard size cake sheet with a lip around the edge.

CAKE

1. Preheat oven to 350°F.

2. Preheat convection oven to 350°F. Lightly coat a 10 by 15-inch jelly-roll pan with vegetable spray or oil. (Do not grease.) Line pan with baking parchment. Dust parchment with flour and tap out excess flour.
3. Mix together flour, confectioners' sugar, baking powder, and baking soda. Set aside.
4. In large bowl of an electric mixer, whip 4 eggs whites until foamy. (Creamer pulled.) Gradually add ¼ cup of the sugar while whipping to peaks that are soft but not too dry. (Some whites are another bowl so, then, make about every 2 cups of the sugar.) (Do not overmix.) Add remaining ¼ cup sugar together until thick and very pale in color (3 to 5 minutes or more, depending upon type of mixer used.) By hand with a rubber spatula. Fold about one-third of whipped whites into yolks to lighten them. Sprinkle on and gently fold in about one-quarter of flour-cocoa mixture. Fold gently to maintain better volume. Add evenly fold in remaining dry mixture and whipped whites until batter is fairly even in color. (Do not worry if there are a few streaks of white.)
5. Scoop batter into prepared pan and spread into an even layer. Bake 12 to 15 minutes or just until top is springy to the touch and a cake tester in center comes out clean. (Don't overbake or cake will dry out too much to roll without cracking. While cake bakes, set a dish towel flat on counter and set on remaining ½ cup cocoa, mixing in a rectangle about 10 by 15 inches. (Close. After use, shake out towel over sink and wash in cold water — cocoa won't stain towel.)
6. As soon as cake is baked, remove it over

Light Hazelnut Cream Filling

1. Cup toasted and finely chopped hazelnuts.
2. Cups (2 to 3, 1½ cup) light (Neutrogena) cream cheese food fat free.
3. Cup sifted confectioners' sugar or to taste.

4. Preheat oven to 350°F.
5. Preheat convection oven to 350°F.
6. Preheat convection oven to 350°F.

Mocha Whipped Cream

1. Preheat oven to 350°F.
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stitch) over the rim. Lift all pins and peel off parchment. With a serrated knife, slice off a slice. It will stop around all crisp cake edges, but it will roll easily. Fold one short end of the scroll over a short end of the other and roll them together. Do not roll down, so you can roll each cake a half inch, 1 hour.

2. Make the filling. Start by heating the butterfat. Spread butterfat on a baking sheet and heat in 100°F oven until fragrant and beginning to brown. Stir 10 minutes. Let cool.

3. In a large bowl of an electric mixer set on medium, beat 100g cream cheese and confectioners' sugar until completely smooth. Add lemon and vanilla and blend. Toss and adjust sugar as lemon is needed. Fully whip nuts and stir in.

4. When cake is completely cold, unroll it and spread evenly with butterfat cream filling. Roll it up and place nuts side down on a plate. Dust surface with confectioners' sugar or prepare a *lithée de Noël*.

5. For the *Blackie de Noël*, make the Mocha Whipped Cream. Mix together cream and milk in a bowl. Use an electric mixer to whip cream. As soft peaks begin to appear, gradually add sugar cream mixture. Whip until peaks become a little firmer, but be careful not to overbeat — about 5 minutes. Gently spread mocha whipped cream over prepared outside.

To serve a beautiful scroll for a table, set out half times in cream along length of log. Keep refrigerated until ready to serve. May be prepared a day in advance and refrigerated, just before serving roll on a linen dusting of cocoa. If you wish, decorate the platter with sprigs of holly or pine.

APPROXIMATE PORTION: 10-12 SERVINGS
PER CALORIES: 100 CALORIES PER SERVING
Dietary: 10g carbohydrate, 10g fat, 10g protein, 10g sugar, 10g fat

FOUR-LAYER WALNUT-APPLET TORTE

SERVES 8 TO 10
ACTIVE TIME: 1 HOUR 15 MINUTES
TOTAL TIME: 1 HOUR 30 MINUTES

Elegant but easy, this *plumage* has shaped cake as a holiday hit.

1. cream walnuts
2. cup cream plus 2 Tbsp. cream
3. cup cream
4. cup cream
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1. cup whipping cream
2. Tbsp. confectioners' sugar
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FOUR-LAYER WALNUT-APPLET TORTE

the sugar and cornstarch as a top dressing, not and pulse until nuts are very finely chopped. Toss mixture in a bowl with bread crumbs and oil.

3. In large bowl of an electric mixer on an medium-high speed whip 6-egg whites until floppy (scurry jelled). Slowly add $\frac{1}{2}$ cup of the sugar, whipping until whites are firm and stiff peaks. Scrape whites into one another hand and on scale (what you move the whites won't deflate). Repeat stretched (stretch and bend) to make stand.

4. In same bowl, whip together 4 yolks and remaining $\frac{1}{2}$ cup sugar until thick and very pale in color. This can take 3 to 5 minutes or longer, depending upon size of mixer and how much mixer $\frac{1}{2}$ cup vanilla and almond extract.

5. With a rubber spatula, stir about $\frac{1}{2}$ cup whipped whites into yolk batter to lighten it, then thoroughly fold in remaining whites and mix cranberry mixture in low or low add some using a light touch to maintain batter volume. Scoop batter into prepared pan and smooth into an even layer. Bake about 12 minutes, or until top is springy to the touch and a cake tester in the center comes out clean. Cool pan on wire rack.

6. While cake is baking, place an 18-inch piece of waxed paper or baking parchment on counter. As soon as cake pan is cool enough to handle (about 30 minutes) invert cake onto parchment and peel off paper much to back of cake. Let cake cool then cut it crosswise into four equal strips each about $\frac{1}{4}$ to $\frac{1}{2}$ inches wide by about 12 inches long. Cool strips completely.

7. To assemble cake, place one cake strip on an oblong serving platter. Spread on about $\frac{1}{2}$ cup apricot preserves. Repeat for two more layers. On top place last layer with another side being up. Press gently to shape the cake and even all edges.

8. Just before serving, refrigerate whole cake mixture, sugar and $\frac{1}{2}$ cup vanilla extract. Place small dollops of whipped cream along center of cake and decorate with apricot quarters and walnut halves.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
SERVINGS: 10
CALORIES: 450
CARBOHYDRATES: 120 GRAMS
FAT: 15 GRAMS
FIBER: 4 GRAMS
PROTEIN: 10 GRAMS



HOLIDAY BOURBON PECAN BUNDT CAKE

SERVINGS:

10 (10-12 servings)

1 1/2 cups (300g) all-purpose flour
1/2 cup (100g) sugar
1/2 cup (100g) brown sugar

With hands, inside and outside the cake also spread "frost" cake is guaranteed to bring cheer to your guests. For the best taste and texture, allow flavors to mellow a couple of days before serving. Store in an airtight container at room temperature.

CAKE

1/2 cups (120g) all-purpose flour

1/2 cup (100g) sugar

1/2 cup (100g) brown sugar

1/2 cup (100g) oil

1/2 cup (100g) eggs

1/2 cup (100g) vanilla extract

1/2 cup (100g) almond extract

1/2 cup (100g) oil

1/2 cup (100g) eggs

1/2 cup (100g) vanilla extract

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1/2 cup (100g) vanilla extract

1/2 cup (100g) almond extract

1/2 cup (100g) oil

2. In a medium bowl, whisk together flour, baking powder, salt, nutmeg, and cream. In another bowl, mix nuts with about $\frac{1}{2}$ cup of flour mixture, set aside.

3. In large bowl of an electric mixer, cream together butter and sugar until fluffy and white, about 7 minutes. Beat in eggs one at a time, beating for 30 seconds after each addition. Add vanilla and whip hard for a few seconds. Scrape down bowl. With mixer on lowest speed, slowly add flour mixture and then flavored nuts, beating 1 minute, until fully incorporated. Scrape down bowl, and then slowly beat in cranberries and bourbon for 30 seconds.

4. Pour batter into prepared pan. Bake 45 to 55 minutes, or until cake top is golden brown and a cake tester in the center of one side comes out clean (don't overdo it or cake will be dry). Cool cake in pan on wire rack about 30 minutes or until bottom of pan is completely warm to touch. To remove from pan, place a thin plate on top of pan and invert with a sharp downward shiver to release cake from pan. Let off pan for 5 minutes, then invert cake onto a large flat cake stand and completely cool. It is to be done.

5. Make icing glaze. Combine all glaze ingredients in a medium bowl and use an electric mixer to beat until smooth. Check flavor and consistency — adjusting sugar or bourbon until glaze clings heavily from spoon. Spoon glaze over cold cake top allowing it to drip down sides. Allow glaze to bubble about 30 minutes before serving; color will remain light. Or for better flavor, store the cake in an airtight container and serve a day or two later.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
SERVINGS: 10
CALORIES: 450
CARBOHYDRATES: 120 GRAMS
FAT: 15 GRAMS
FIBER: 4 GRAMS
PROTEIN: 10 GRAMS

BUNDT CAKE

SERVINGS:

10 (10-12 servings)

1 1/2 cups (300g) all-purpose flour

1/2 cup (100g) sugar

1/2 cup (100g) brown sugar

1/2 cup (100g) oil

1/2 cup (100g) eggs

1/2 cup (100g) vanilla extract

1/2 cup (100g) almond extract

1/2 cup (100g) oil

1/2 cup (100g) eggs

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Menu Makers

Add a little good taste to your holiday with our selection of Fine Cheeses

by Laila Stokes *with photographs by Laila Stokes*

Cheese comes in countless delicious varieties, and the amazing selection of Fine Cheeses at Harrold is hard to match. Whether as a smooth, creamy accompaniment or a unique addition to a cheese platter, we have it covered. Here are some of our favorites:

- **Great Old Blue Cheese** uses farmhouse, raised milk to achieve its smooth, robust flavor.
- The full-bodied tanginess of naturally aged **Harrold's White Reserve Cheddar** makes it a standout.
- **Italianella Triple Cheese** tries to give indulgence: incredibly supple and rich.
- **Prosciutto-Bagiano** is Italy's most famous cheese, and **Il Villaggio** is a surprising twist with a delicate, nutty taste.
- Rock-solid flavor and texture are the hallmarks of world-renowned **White and Dark Gruyère**.
- **Swiss Cheese** is a creamy Swiss that melts beautifully.

You'll find these exceptional cheeses and many more at Harrold — your gourmet shop for Fine Cheeses. ■



a trio of Holiday Celebrations

*Plan your best parties ever
with these recipes*

By Kimberly Maynard

Photographs by Scott Pearson

SAVED! TREASURES AND FANTASTIC FOOD DEFINE the season. Those special days give us a reason to dust off our best places and prepare special recipes. During the rest of the year, dinner might be the standard meal for entertaining, but during the holidays, any time of day becomes appropriate for entertaining our family and friends. The wealth of food for Thanksgiving makes afternoon as easily evening the best time for this meal. Other holidays lend themselves to a celebratory brunch, while New Year's Eve is the quintessential occasion for a late-night feast.

Thanksgiving

For many, Thanksgiving is the perfect holiday to give us the opportunity to reconnect with loved ones, appreciate our blessings and eat terrific food. The stress that usually fills the house once the first — roasting, turkey, swimming, gravy, baking, meat

positions — and fruit juice cooling in a rock

Take a break from classic stuffings when you and your family to Easy Cornbread and sausage Dressing. (Stuffing is called dressing when it's heated outside the bird in a pan.) When it comes to turkeys, think small. Young turkeys weighing 14 pounds or less can be much easier than bigger birds and they also cook faster. If you're feeding more than eight adults, consider roasting two turkeys — or roasting a turkey breast alongside the whole bird. Remember to baste your Thanksgiving turkey. Basting helps to keep the bird moist and flavor full.

Everybody Loves Brunch

A holiday brunch party is fun because the menu is usually a nice mixture of breakfast and lunch items. Brunch can be a quiet sit-down meal, for an own toasting bottle for dinner. Eggs are a mainstay in brunch



WITH ABOUT 1000 CALORIES PER SERVING
CORN BREAD AND SAUSAGE DRESSING (SERVES 8-10)



WITH 200 CALORIES PER SERVING
CORN BREAD



We like chocolate eggs hidden in the oven as individual surprises. They're not only pretty but also practical, because the chocolate keeps the eggs warm as they're being served. Breakfast guests complement the sweets at brunch — there's something festive and comforting about a Cinnamon Berry Croissant Cake. This perfect addition to any brunch can be prepared the day before.

For a little sparkle, serve champagne or sparkling wine. Use these for two of our favorite brunch drinks, infused sparkling

water and peach margarita and for Day 4 (sparkling water and cranberry sangria). If you want to serve some bubbly to a crowd and don't own glasses, rent champagne flutes for a reasonable price at a local party shop.

Time to Celebrate

New Year's Eve is a special night of new beginnings. A midnight buffet party is an event to be enjoyed by all, even the host. When planning a buffet, don't hesitate to take advantage of pre-made dishes. You

don't want to spend a crazy-bling party. If you're not a baker, pick up something delicious in the bakery. If oysters are your specialty, complement the menu items with oyster steady both at service and end your party with a champagne dessert table.

Your guests won't be looking for a huge meal at midnight. The Greek Spanakopita Bake gives them big bites of flavor, but its appearance deceives. Most don't feel hard, so they eat them quickly. Creams are small but hearty. Roasted nuts, marinated olives and cranberries are perfect here to round out a midnight buffet. At the end of the night send your guests home with bagged chocolate truffles or even cookies for a sweet way to start the new year.

**EASY CORNHEDS AND
SAUSAGE DRESSING
SERVES 10 (CONSIDER
ACTIVE TIME 30 MINUTES
TOTAL TIME 1 HOUR 30 MINUTES)**

This Thanksgiving stuffing is cooked in a covered casserole dish instead of made the hard, slower, slow-braising way that your family might request. It's all year in, also easy because it can be prepared a day ahead of time, and then popped in the oven for the big meal.

- 1/2 cup unsalted butter
- 1/2 cup olive oil
- 1 1/2 cups finely chopped onion (about 1 medium onion)
- 1/2 cup finely chopped celery (about 2 stalks)
- 1 clove minced garlic
- 1 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- 1 lb or 1 1/2 pkg. dried mushrooms
- 1 lb. Italian sausage meat, removed from the casing
- 4 cups low-sodium chicken broth
- 1/2 cup dry white wine
- 1/2 cup tomatoes
- 1 (16 oz.) bag cornbread stuffing

- 1. Preheat oven to 350°F. Grease a 6-by-13-inch baking pan with cooking spray.
- 2. In a large soup pan, combine butter, oil, onion, celery, garlic, salt, and black pepper.



Cook over medium heat, stirring occasionally, until most liquid is reduced, about 5 minutes. Add mushrooms and cook until they give off some liquid, about 5 minutes. **3.** Add sausage meat and cook, stirring occasionally, until meat is cooked through, about 6 to 8 minutes. Add broth, white wine, and Tabasco. Turn off heat. Add dry stuffing and mix well.

4. Place mixture into baking pan and press it in evenly. Cover pan with foil. Bake 1½ hours, and then remove foil and bake another 30 to 35 minutes, until center is hot. The top should be golden and crispy. **5.** Let the dressing rest, covered, for at least 15 minutes before serving. Serve warm.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
450 CALORIES, 26g CARBOHYDRATE, 8g PROTEIN,
23g FAT (10g saturated), 100mg sodium, 10g
FIBER, 100mg CHOLESTEROL

ORANGE & HERB-ROASTED TURKEY WITH HOMEMADE GRavy

SERVES 8

ACTIVE TIME: 35 MINUTES

TOTAL TIME: 1 HOUR 45 MINUTES (INCLUDES
ROASTING, RESTING, AND REHEATING)

This beautiful turkey is aromatic and moist. The flavored butter can be prepared two days in advance, and the whole turkey can be prepared the night before. On the big day all you have to do is roast the bird in the oven and baste. If you start with a frozen turkey be sure to plan enough time: the general rule is 24 hours in the refrigerator for every 4 pounds of turkey.

Notes: We'll need a 10-inch wooden skewer or basting rod to hold the legs in place.

Orange & Herb Butter

Yield: 1½ sticks (unsalted butter at room temperature)

- 1.** 1 cup fresh orange juice
- 2.** 1 cup fresh parsley
- 3.** 1 cup fresh thyme leaves
- 4.** 1 shallot, peeled and minced
- 5.** 1 lemon zester
- 6.** 1 cup kosher salt
- 7.** 1 cup freshly ground black pepper



ORANGE & HERB-ROASTED TURKEY
WITH HOMEMADE GRavy

- | | |
|---|--|
| 1. 1/2 cup orange pepper | 10. Fresh thyme, stripped (optional garnish) |
| 2. 1/2 cup dried mustard | 11. 1/2 cup orange slices (optional garnish) |
| 3. 1/2 cup fresh lemon juice | |
| 4. 1/2 cup orange zest (zested in 1/2 cup) | |
| | Homemade Gravy |
| | 1. 1 cup pan drippings |
| | 2. 1 cup turkey or chicken broth |
| | 3. 1/2 cup flour |
| | 4. 1/2 cup kosher salt |
| | 5. 1/2 cup freshly ground black pepper |
| | 6. 1/2 cup Tabasco |
| | 7. 1/2 cup cold unsalted butter, cut into 1/2-inch pieces |
| | 8. 1/2 cup corn oil (400°F) (Add all Orange) |

Turkey

- 1.** 1/2 lb (1/2 lb, fresh or frozen turkey neck and giblets removed)
- 2.** 1 large olive (orange, sliced 1/2-inch rounds and divided)
- 3.** 1 bay leaf
- 4.** 1 shallot, peeled and minced
- 5.** 1/2 cup olive oil
- 6.** 1 cup 1 turkey or chicken broth
- 7.** 1/2 cup fresh sage (optional garnish)

1. In medium stir fry, parboiled cauliflower and kale combined

3. Top tender tail

4. Top freshly ground black pepper, plus pepper (not depleted garnish)

5. Top 1/2 tsp (not depleted) brown butter

6. Top egg

7. Top heavy cream

1. Perfect steaks in TAMP. Cane is 14 oz (or 8 oz) - sometimes in contact cups with cooking spray. Set steaks on a cooler sheet.

2. Set aside 6 rice dill for garnish. Top: Freshly chopped remaining dill

3. Add butter to a large skillet and cook over medium heat. Add shrimp, salt, and pepper. Cook and stir until shrimp is nearly cooked through (about 1 minute). Remove from heat and add chopped dill. Set to combine.

4. Divide half the cooked shrimp among the six ramekins. Top each serving with 1 Tbsp ground cheese. Add 1 egg to each cup, bring careful not to break yolk. Divide remaining shrimp among ramekins and top each with 1 Tbsp ground cheese. Add 1 Tbsp heavy cream to each ramekin.

5. Bake 10 to 15 minutes (depending on desired doneness) (10 minutes for soft eggs, 15 minutes for medium eggs).

6. When done, let ramekins sit 3 to 4 minutes before serving. Garnish with reserved dill leaves and freshly ground black pepper. If desired.

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- 1 **egg white cream**
 1½ **cup fresh or frozen strawberries or blueberries**

1. Preheat oven to 350°F. Grease a 9 by 13-inch baking pan. Sprinkle with flour, coating crust surface and sides, tapping out any excess.

2. Make the creamy topping. In a medium mixing bowl mix together heavy cream, sugar, cinnamon, flour, salt, and nutmeg. Pour melted butter over mixture and mix well. Set aside.

3. Make the cake. Whisk together flour, baking powder, baking soda, and salt in a medium mixing bowl. Set aside.

4. In large bowl of an electric mixer, cream butter and sugar on medium speed until light and fluffy (about 3 minutes). Add eggs, one at a time, and mix until fully incorporated. Scrape bowl with a rubber spatula. Add vanilla and mix on medium speed. The batter should be light and fluffy.

5. Add half the reserved dry ingredients and mix on medium speed until smooth. Add half the sour cream and blend on medium speed until smooth. Repeat with remaining flour and then sour cream. The batter will be thick. Gently stir in berries.

6. Pour batter into prepared pan. Use a rubber spatula to smooth surface, then sprinkle with the reserved cream mixture. Bake in center of oven 30 to 40 minutes until a cake tester comes out clean. Cool on a wire rack for at least 1 hour before serving. Serve warm or at room temperature. (May be prepared one day ahead. Once cake has cooled completely, it can cover securely with plastic wrap.)

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
 485 CALORIES • 50g CARBOHYDRATE • 10g PROTEIN
 10g FAT • 10g SODIUM • 10mg CHOLESTEROL
 10mg FIBER • 10mg

GREEN SPINACH BLAKE

SERVES 8 TO 10

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 1 HOUR 20 MINUTES

This party favorite comes together easily and finishes baking in the oven as your

guests arrive. Prep work is a glass or dozen dry pen shells so that it can easily go from warm to cold.

- 2 **cup extra virgin olive oil**
 ½ **cup finely chopped onion**
 1 **cup minced garlic**
 ½ **cup finely chopped red bell pepper**
 1 **cup dried porcini**
 ½ **cup butter salt**

- ¼ **cup freshly ground black pepper**
 ½ **cup crushed red pepper flakes or ½ tsp chili**
 ½ **cup extra cheese, divided**
 ½ **cup grated mozzarella cheese**
 ½ **large egg, beaten**
 ½ **cup heavy cream**
 1 **10-oz package of frozen spinach (thawed, water squeezed out)**
 ½ **cup pitted and chopped kalamata olives**
 2 **1½ cup plain bread crumbs**



1. Preheat oven to 375°F. Grease a 9- by 9-inch glass pan with a 9-inch square baking pan with cooking spray.

2. In a medium saucepan, simmer over medium heat, add olive oil, onion, garlic, bell pepper, sausage with black pepper and red pepper flakes. Cook, stirring frequently, until onion is softened, about 3 to 5 minutes. Remove pan from heat.

3. In a medium mixing bowl, combine $\frac{1}{2}$ cup of the lentil, tomatoes, eggs, cream, spinach and balsamic vinegar. Mix well. Be sure to break up any pieces of spinach that are stuck together. Add pepper and onion mixture and mix well.

4. Pour mixture into prepared pan. Sprinkle with remaining $\frac{1}{4}$ -cup lentil and tomato mixture. Bake uncovered for 15 to 30 minutes. The spinach bake is ready when it's pulled and golden on the edges. Let spinach bake rest for 15 minutes before cutting into 8 to 10 slices. Serve warm.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
(PER CALORIE: 40 CARBOHYDRATE: 7% FIBER:
10% FAT: 25% SATURATED: 1% SODIUM: 10%,
FIBER: 100% 10% FIBER

MINI ROAST BEEF SANDWICHES WITH HORSERADISH CREAM

MAKES 16 MINI SANDWICHES (ONE PORTION)
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 30 MINUTES

These magnificent meats are lovely for New Year's Eve fare. The spicy horseradish cream is so tasty you'll want to try it on steamed vegetables or baked potatoes.

- A. 1 cup Horseradish Cream (see recipe)
- B. 1 cup Beef Sauce
- C. 1 cup Beef
- D. 1 cup Beef
- E. 1 cup Beef
- F. 1 cup Beef
- G. 1 cup Beef
- H. 1 cup Beef
- I. 1 cup Beef
- J. 1 cup Beef
- K. 1 cup Beef
- L. 1 cup Beef
- M. 1 cup Beef
- N. 1 cup Beef
- O. 1 cup Beef
- P. 1 cup Beef
- Q. 1 cup Beef
- R. 1 cup Beef
- S. 1 cup Beef
- T. 1 cup Beef
- U. 1 cup Beef
- V. 1 cup Beef
- W. 1 cup Beef
- X. 1 cup Beef
- Y. 1 cup Beef
- Z. 1 cup Beef

1. Combine Smoky Horseradish Sauce, beef cream, and Worcestershire sauce in a small mixing bowl. Set aside to combine.



MINI ROAST BEEF SANDWICHES WITH HORSE RADISH CREAM

See recipe

2. Using a sharp bread knife, slice halfway into top of each roll so it looks like a mini hamburger roll. Arrange sliced rolls on a serving platter.

3. Loosely fill two dozen of meat loaf and set aside a slice roll. Repeat for all rolls.

4. Transfer horseradish sauce to a vacuum-seal plastic storage bag and seal bag. Top off the very top of each of high bottom.

5. Gently squeeze sauce onto meat loaf in a piping pattern. Be sure all the sauce is also

on the bread.

6. Garnish each roll with a pinch of fresh dill. Refrigerate for up to two hours before serving.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
(PER CALORIE: 40 CARBOHYDRATE: 7% FIBER:
10% FAT: 25% SATURATED: 1% SODIUM: 10%,
FIBER: 100% 10% FIBER

Kimberly Mayne runs WOM's Delicacies, a recipe development company in Maine. She has authored two cookbooks.



sharing the joy

for a
delicious
tradition,
start a
holiday
cookie
exchange

by elaine lehrman

photographs by frances jansich

* Cookies are just right for holidays — just in time for Thanksgiving. But for the holidays we must have cookies — and lots of them. Inviting friends to a cookie exchange or “cookie swap” is a great way to stock up on a variety of homemade cookies to keep on hand for the holidays. And helping to bake the cookies is a fun holiday activity for kids, who will especially enjoy sampling the finished products.

To get started, find a group of four to six cookie bakers. Each person makes a batch of a few new kinds of their favorite cookies. Ask each guest to bring the cookies two dozen for every host in the group (usually, the story behind the cookies, recipes of the recipe, and an recipe consistent to take home their goodies. Figure on four to six of each kind of cookie per person, depending on the number of people at your party. The recipes on the next page can easily be doubled.

The host or hosts can serve drinks and light appetizers at the party, but the focus should be the cookies. Have a table ready to display them, and arrange a rotating plan to pass around so everyone gets to share their cookie creations and tell their holiday stories. At the end of the party, the guests can give out the “cookie card”



and fill their containers with an assortment of cookies to take with them.

Cookies are a perfect item to bake and freeze ahead. To do this, let the cookies cool thoroughly after baking, then wrap them in plastic wrap. Put them in a rigid container, such as plastic or tin, to protect them from breaking, and a tightly seal them for up to two months. Defrost the cookies in room temperature before unwrapping them so any condensation forms on the wrapper, not on the cookie. Wrapping the cookies prevents them so “brown them.” To take just cookies but the extra effort involved, that your cookies come out of the freezer as good as the day they were baked.

Seasonal cookies are homemade specialties associated with the winter holidays — peppermint candy, lemon squares, and chocolate, which is always in season. Be sure to check your space ahead of time to make sure that they're fresh. Cookies are easy to transport, freeze them, cardboard between layers of waxed paper, in a rigid container with a tightly fitting cover. While glass jars, and with a ribbon, also make gift-worthy containers. Good friends, cookies, and conversations are all that's needed for a happy holiday party.



GINGER CHIP COOKIES

Tip: The chips stiffen for baking; this is best if you parchment paper. Another alternative is the shorter baking time for page 63 which makes for very clean up with no awful substance for ground, just or a baking sheet

GINGER CHIP COOKIES

MAKES 24 COOKIES

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 30 MINUTES

Chocolate chip cookies are a traditional favorite, but sometimes on a basic dough yield some different results. In the first, two kinds of ginger — ground and crystallized — offer an unexpected dimension. Adding cream powder and crushed peppermint candy produces a cookie dotted with bursts of crunchiness — and (surprise!) it's especially popular with kids.

- 1 cup (2 sticks) unsalted butter, softened
- ¾ cup packed light brown sugar
- 1 large egg
- 1 tsp vanilla extract
- 1 cup all-purpose flour
- 1 tsp ground ginger
- 1 tsp ground cinnamon
- ½ tsp baking soda
- 1 tsp salt
- 1 tsp peppermint chocolate chips
- 1 cup coarsely chopped crystallized ginger

1 Preheat oven to 325°F. Line two baking sheets with parchment paper.

2 In a large bowl of an electric mixer, beat butter and brown sugar on medium speed until blended, 1 minute. Using a rubber scraper, scrape down sides and bottom of bowl and bottom is worked. Add egg and vanilla and mix until blended, about 30 seconds.

3 Mix together flour, ground ginger, cream powder, baking soda, and salt and add to mixer bowl. Mix on low speed just to incorporate, about 30 seconds.

4 Using a large spoon, stir in chocolate chips and crystallized ginger, distributing evenly.

5 Drop rounded tablespoons of dough onto baking sheets, leaving about 3 inches between cookies.

6 Bake for about 12 to 15 minutes, until cookie edges are light brown. Let sit 5 minutes on baking sheet. Remove cookies to wire rack to cool.

7 Store in a tightly sealed container at room temperature for up to two days.

APPROXIMATE NUTRITIONAL VALUES PER COOKIE (18 CALORIES, 15% CALORIES FROM FAT, 10% PROTEIN, 40% CARB) (24 COOKIES) (24 COOKIES) (24 COOKIES) (24 COOKIES) (24 COOKIES) (24 COOKIES)

VARIATION: DOUBLE CHOCOLATE PEPPERMINT CHIP COOKIES

MAKES 24 COOKIES

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 30 MINUTES

Follow the mixing and baking directions for the Ginger Ginger Chip Cookies, with the following changes: Omit the ground ginger and cinnamon. Use 1½ cups cocoa powder with the flour mixture. Omit the crystallized ginger. Increase the chocolate chips to 2 cups (1½ oz) and mix in ½ cup crushed peppermint candy with the chocolate chips. Bake the cookies until the edges are firm, but the centers feel soft when lightly pressed, about 10 to 12 minutes.

APPROXIMATE NUTRITIONAL VALUES PER COOKIE (18 CALORIES, 15% CALORIES FROM FAT, 10% PROTEIN, 40% CARB) (24 COOKIES) (24 COOKIES) (24 COOKIES) (24 COOKIES) (24 COOKIES) (24 COOKIES)

PESTICHO LACE CRISPS

MAKES 48 COOKIES

ACTIVE TIME: 25 MINUTES

TOTAL TIME: 1 HOUR

These crisp, lacy cookies can be the stars of

any holiday party. They're sophisticated, and escape being noted, "It's hard to eat, fewer than 14 in a sitting." You can even make by buying already shelled, rolled parchment.

Tip: 2½ to 3 cups parchment is the stuff. If it's 2½ will yield 1 cup shelled ones (4 oz.)

- 1 cup white, sifted powdered sugar
- 1 Tbsp 1½ white, sifted powdered sugar
- 1½ cup sugar
- 1 Tbsp light corn syrup
- 1 cup all-purpose flour
- 1 tsp vanilla extract
- 1½ cup almond extract

1 Preheat oven to 325°F. Line two baking sheets with parchment paper or foil.

2 With a sharp knife, cut up parchment finely (1 food processor works in a chip round, more like parchment, carefully).

3 In a medium saucepan over medium heat, melt butter, cream, and sugar. Bring to a boil, stirring constantly with a wooden spoon, and then boil for 30 seconds. Remove pan from heat. Using spoon, blend in flour. Stir in parchment, vanilla, and almond extract. The batter will thicken. Drop rounded teaspoons of batter onto baking sheets, leaving about 2½ inches between cookies. You will not eat all the batter in the first round of baking.

4 Bake for about 9 to 12 minutes, until the edges are light brown and centers are golden. Remove from oven and, by sit about 10 minutes on baking sheet, just until cookies are firm enough to a touch. Use a spatula to carefully remove cookies and place them on a wire rack to cool. Bake

PESTICHO LACE CRISPS



Just What the Doctor Ordered

Diabetic-friendly seasonal recipes that everyone will love

BY KITTIE BACONER MS RD PHD 

November is American Diabetes Month, when the American Diabetes Association (www.diabetes.org) launches a series of programs to increase awareness of the disease, provide information on meal planning. What's a diabetic diet? It's a common question with a simple answer: There is no one diabetic diet. Rather, it's a way of eating that

emphasizes smart choices and a balance of nutrients in order to minimize diabetes symptoms and reduce the risk of complications, such as heart disease and stroke.

Diabetic eating plans are tailored to the individual with the help of a dietitian, but in general they focus on controlling total carbohydrates (sugars and starches) and emphasizing whole grains, healthy fats (fat

cholesterol, and) saturated fat, increasing fiber, and spacing meals and snacks throughout the day. Sound familiar? It should: the secrets of a diabetic diet are basically those of a regular healthy diet — and just what the doctor ordered for many of us.

According to the American Diabetes Association, nearly 20 million Americans have diabetes. Because the disease lessens the body's ability to convert certain carbohydrates (sugars and starches) into energy, people are often confused about the role of sugar in a diabetic diet. Diabetes is not caused by eating too much sugar, and people with diabetes can eat sweets. But doctors need to be part of a plan.

Experts agree that almost any food can be worked into a diabetic eating plan. Using sugar-free products and artificial sweeteners is one way to reach a daily allotment of carbohydrates.

Of course, the biggest part of everyone's diet should be made up of nourishing foods — not sweets. Our recipes are suitable for most diabetes meal plans, and nutritional information is provided. No matter how or how often you're cooking, for someone who is, so you just want to eat more healthfully these seasonal dishes are sure to perk up your plate.



POACHED HALIBUT WITH SESAME DRESSING

POACHED HALIBUT WITH SESAME DRESSING

SICK CHOW

SERVE 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 20 MINUTES

Poaching fish sounds somewhat hard, but it's really very easy and the result is moist flakey fish that's practically foolproof. Poaching takes only one pan and keeps it so a mess-free. Halibut is a mild white fish

Fast, Festive, and Fabulous

Tasty solutions from Harnniford make entertaining easy

DOI: 10.1002/for

So much to do in this so little time to enjoy it — if you do all the world! The hectic holiday whirl of relatives, friends and a multitude of celebratory meals can leave you feeling drained or, worse, What makes the difference? A trip to Hazzardville where you'll find insurance, credit planning, equities in every account from parents' to elegant dinners to parking in all office garages to accommodating a hostess of overnight guests.

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

Works in a server, seat filling, your location with selections from the Chateau du Maine line. Choose from more than one dozen distinctive appetizers, such as five in. Phyllo Scallop Stuffed in Italian Roasted Chicken Breast and Crispy Walnut Shrimp, and keep them on-hand for spontaneous parties. Popular with guests of all ages are the BBQ Chicken Wings and a variety of mouthfuls including Italian Apple, Indian Sausage, and Spinach.

Two existing chains are always a reliable ally for understanding and Homestead has dozens of specialty vendors to choose from. Buzzy Beagle Gloucester, among French cheese, proudly grows its only pecorino Romano, called Chablis — cheese is a difficult business to add to a menu. Don't be lulled by such up-to-the-minute vendors and Homestead Impassioned? breaks its complement your cheese. Cheese is also a key ingredient in the Hot Balled Squash Dip (page 44) — a delicious new take on a traditional dip.

The Nelson Foundation

Like every On the Go Bento box, entrees are prepared with premium ingredients. Bento box includes chicken, such as, Chicken



as Chicken Sea Fry, Beef-a-Job, Shrimp and Sausage Jambalaya, and Seafood Linguine. Everybody loves pasta, and On the Go Basso meets a demand in portable, mouth-watering, and mouth-watering services.

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

with such classics as prepared pork chops and lamb chops using an showstoppers Grilled Chicken Parmesan and Chicken Marsala are flavorful and delicious choices that will satisfy every hungry member of the family.

Happy Endings

A memorable holiday meal isn't complete without celebration, mostly desserts. You can count on chocolate to be a dependable crowd pleaser, and On the Go! from chocolate are featured in several flavors original New York style and extra fudgy.

But wait, there's more! Chocolate Gnomes and Chocolate Lava Cakes will save your taste of fine dining, baking and chewing on the kitchen, as well as provide insurance against an "emergency" run to the bakery in holiday traffic. And Lemon Sorbet and Orange Sorbet provide a refreshing finish.

Pantries to Go

For instant entertaining success at any kind of party, pick up handily prepared party platters from the bakery in Dali department store. Lots of choices make it easy to find something to fit right in with your own taste—and your guests.

In addition to tempting assortments of cold cuts, fruits and cheeses, you'll find many choices, such as trays of deviled eggs, along with various desserts like wavy sand-wiches. The centerpiece of every holiday party—a shrimp cocktail—a memorable served as decorative rings.



For festive brunch or dessert, you'll be tempted by the bakery's Two Star Platter of mini tarts in lemon, raspberry and peach, many macaroons, and mini brownies. Heat up all our creations with you a moment as your guests need these festive delights throughout your home, and serve them with become one broad, convenient without coffee cake, and all better creation for a delicious morning.

From the bakery you can order a large Platter complete with cream cheese, a Raspberry Tray of mini loaves, pastries and grapes, a selection of muffins or mini waffles and breads, a platter of live-edge cookies and muffins, or any combination of platters to suit your guests.

Choices—and more—of prepared loaves in Hamletford give you lots of fine bakery. For example, both savory options: lemon and fresh fruit pies—in blackberry, lemon, apple, and raspberry blueberry—are available as half or whole pies. If you're especially nutrition-conscious, pick up a strawberry angel food cake and top it with shaved blueberry frozen raspberries or a berry medley.

Fast Lane Buffets

If you're putting together a buffet supper, browse through the extensive selection of

freshly prepared foods at Memorial and you can please everyone's taste. In addition, we'll have our Appetizer Platter with assorted mild meats, jalapeño peppers and tomatoes, buffalo and honey barbecue chicken tenders.

A far cry from the ordinary Peppercorn Cheese Potato Casserole can be a better (or another novel choice for a green table dish) is a succulent salad with mushrooms and wheatberries. A mélange of grilled meat, tomato, artichokes, and red pepper can be served "au sa" for a side dish or as part of your own appetizer platter.

For an easy main dish choice, pick up a succulent chicken orzo. Or put your own stamp on take-home dishes like boneless chicken pork chunks in a creamy sauce, which you can dress up with rice or try veg, potatoes and then top with noodles or serve over rice.

Whether your holiday entertaining is a last-minute buffet, a casual cocktail gathering, or a special dinner party, you can relax. From premium frozen choices to specialty choices from around the globe and freshly prepared, ready-to-serve favorites, Memorial has it covered.

HOT BILLED SPINACH DIP

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 40 MINUTES

This is the "little black dress" of party dishes: it's up you can dress up elegantly in take anywhere or keep simple for casual gatherings at home. One version is so easy to prepare, you may take it to 100 tables a for more than one festive occasion this holiday season.

1. 10 to 1 package frozen chopped spinach (thawed and drained)
2. 1/2 cup finely minced garlic
1. 1/2 cup dried onion
1. 1/2 cup dried chili
- 1/2 cup mayonnaise (regular or reduced-fat)
- 1/2 cup sour cream (regular or light)
- 1/2 cup grated Parmesan cheese
- 1/2 cup chopped Swiss cheese
- 1/2 cup butter, soft



1. Preheat oven to 350°F. Lightly grease a 3-cup casserole dish.
2. Squeeze as much moisture as possible from spinach. In a medium bowl, mix spinach with all other ingredients.
3. Transfer mixture to prepared dish. Bake 10 minutes. Serve warm with breadsticks, pizza chips, and crudités.

Variations: Add any combination (but probably not all) of the following: dried, red pepper, sliced olives, sliced mushrooms, hot pepper flakes, bacon bits, or marinated pineapples. Instead of all

or thyme, oregano, basil, or marjoram. Use Cheddar or mozzarella for part of the cheese (depending on what you have in the fridge). For an elegant variation, add a dash of truffle oil and top hot dip with a sprinkle of pine nuts.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
450 CALORIES, 40 CARBOHYDRATES, 40 PROTEIN,
30% FAT (10% SATURATED), 10% CHOLESTEROL,
FIBER 100MG, 20 FIBER.

Boston-based writer Carolyn Peas, *For* is a frequent contributor to *Food*.



Toast the Holidays

Twelve months, the day before Thanksgiving is the biggest wine-tasting day of the year, leading to numerous questions about wine pairing. Fortunately, we've got answers.

Turkey is a versatile entrée: as a huge wrap of wings — both red and white — complements it. Dry November's Wine of the Month, a terrific Gewürztraminer from the Chardonnay in Idaho. Dry but with a hint of sweetness. Its perfect with turkey. Many folks enjoy drinking Chardonnay with turkey and Wagyu and Pate. Next, consider, too, Sauvignon Blanc, which serves about a week before Thanksgiving. It's light bodied and inexpensive. I also recommend Red Zinfandel for an American holiday, as an American favorite.

Then, being somewhat a little spicier than turkey calls for wines that echo those qualities. Again, Gewürztraminer and Riesling do the job as do Pinot Gris, Sauvignon Blanc, and Pinot Noir.

Many people also drink Chardonnay with food. If you're craving something different from the heavy, creamy quality of traditional oak-aged Chardonnay try unaged Chardonnay. It's popular now and you can really taste the pear and apple flavors.

Since the holidays often call for special celebrations, don't forget champagne — for the season's holiday meals and champagne. Sparkling wine from France's Champagne region is the light, festive and food friendly. Pair them with lobster, which is also an ideal during these months. Prices range from \$10 to \$100 per bottle and in my opinion, only moderate champagne them. It's a good bet that most people want more the difference between a \$15 sparkling wine and a \$100 champagne. So have fun and serve whatever you choose with a smile.

— Tom Haines, Fine Wine Buyer



Wine of the Month

a simple way to find a great bottle

Our experts taste hundreds of wines from around the world and handpick their favorites to feature exclusively at Hannaford. The best part—these amazing wines are an exceptional value—only \$ to a bottle or less!

Come discover this month's gems, perfect for sharing with family and friends—but come early 'cause when they're gone, they're gone!

the best flavors
of the season—
all rolled into one

celebrating

Hannaford Inspirations Turducken

inspired by the best of Thanksgiving

and the season's best ingredients

making this a true holiday feast



for the love of food



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